



# STATION SIX: INFIELD

Players stand in an infield position, including pitcher, catcher & batter.

1. Throw ball around the bases clockwise and counter clockwise.
2. Roll ball to infielders and direct them to make the play
  - a. at first
  - b. at second
  - c. at third
  - d. to second—then throw to first
  - e. to third—then throw to second
  - f. Bunt play for catcher/pitcher
  - g. continue “situational” including catcher & pitcher, short stop & 2nd base’s responsibilities.AFTER EACH PLAY, THROW THE BALL BACK TO THE PITCHER.
3. Rotate players after everyone has fielded the ball.  
Rotate clockwise: 3rd going to 2nd;  
2nd going to 1st;  
1st going to the batter;  
batter going to the catcher,  
catcher going to the pitcher,  
pitcher going to 3rd.
4. Make sure to have all players execute the proper the back up positions
5. Make sure to go through who should call off or call for any pop flies for the infield.
6. Review infield fly rule.

## BASIC READY POSITION :INFIELD

- Explosive “ready position” with weight on the balls of the feet and the back straight.
- 1st & 3rd have gloves nearly on the ground .
- Short stop & 2nd have gloves slightly higher.
- Feet are squared and more than shoulder-width apart.
- Move your bottom down w/ the knees bent.

## FIELDING A GROUND BALL: INFIELD

- Move down to the ball—get in front of the ball.
- Arms in “L” position,
- Position your glove past an imaginary line from your forehead to the ground, extended slightly in front
- Use an “alligator/shovel” out in front.
- Position your forehead over the ball

**ALWAYS RETURN THE BALL TO THE PITCHER AS SOON AS ANY PLAY IS OVER.**

**SOFTBALL IS A LIFETIME SPORT.**

## Critical Ingredients

- Images of success is critical for proper execution
- The catcher has more jobs on the field than any other player—she must be sure to cover all of them
- The four infielders must be united—they should be able to be vocal and respect each other’s talent’s.
- Communication amount the team is crucial in all plays.

## Did you know?

**Most teen smokers believe they can quit, but after 6 yrs. 75% still smoke.**

**Don’t start!”**